

Fairmont Aquatic Center

GROUP FITNESS Water Classes

M	T	W	TH	F	Sat
Master Swim Team 6:00-7:00 am With Max		Master Swim Team 6:00-7:00 am With Max		Master Swim Team 6:00-7:00 am With Max	
Aqua Fit 9-10: AM with Patti	Aqua Tabata 9—10AM with Julie	Aqua Fit 9—10 AM with Patti	Deep Water 9—10 AM with Luanne	Aqua Fit 9-10 AM with Patti	Aqua Zumba 9-9:55 AM with Julia
Hydro Fusion 10:30- 11:30 AM with Julia	Water Walking Class 11:30— 12:30 PM With Ann	Hydro Fusion 10:30-11:30 AM with Julia	Water Walking Class 11:30— 12:30 PM With Julia	Aqua Motion 10:30- 11:30 AM with Julia	<i>Did you use soap?</i>
Water Walking Class 11:30— 12:30 PM with Bev	Aqua Tabata 6:00—7:00 PM <i>Julie—Starting June 25</i>	Water Walking Class 11:30— 12:30 PM With Bev	Aqua Tabata 6:00—7:00 PM <i>Julie starting June 27</i>	Job Applications for Aerobics Instructors are taken online. All Applicants must come with a group fitness certificate & class specific certificate.	

Land Classes	M	T	W	Th.	F	Sa
	Yoga 9 -10 AM with Claire	Yoga 9 -10:10 AM with Stephanie	Yoga 8- 9 AM with Debi	Yoga 8:00-9:00 AM With Debi or Stephanie Yoga 6:30-7:45 pm With Rolf	Yoga 10:30- 11:30 AM with Clair	Pop Pilates 9-9:30 AM with Debi Yoga 9:30 - 10:30 AM with Debi

We ask that everyone take a shower with soap and water before entering the pools for any water aerobics class. Makeup, perfume, lotions, etc. impact the quality of the water. The more people take showers, the less chemicals are fed into the water. Also, getting out of the water to go to the bathroom is helpful. ☺

Please do not wear cotton or other natural fibers into the pools. The fine strands of fibers build up and cause clogs in the water circulation pumps, filters and other elements of the mechanical system. These fibers can cause a complete shutdown of the pools while waiting for replacement parts.

As of June 6, 2019

